

**IN THE CLAIMS:**

1. (Cancelled)
2. (Original) An athletic shoe comprising:  
a body portion;  
an upper sole element substantially permanently attached to said body portion;  
and  
a lower sole element releasably attached to said upper sole element such that lateral relative motion between said upper sole element and said lower sole element is prevented and longitudinal motion between said upper sole element and lower sole element is resisted up to a predetermined release force.
3. (Original) An athletic shoe sole comprising:  
an upper sole having a bottom surface including a first longitudinal guiding element;  
a lower sole having a top surface including a second longitudinal guiding element;  
said second longitudinal guiding element engaging said first longitudinal guiding element and constraining said upper sole to longitudinal motion relative to said lower sole upon exertion of a threshold longitudinal shear force therebetween.
4. (Original) The athletic shoe sole according to claim 3 wherein said longitudinal guiding elements comprise a rail and slot.
5. (Original) The athletic shoe sole according to claim 3 comprising:  
a breakaway portion extending through said longitudinal guiding elements and preventing longitudinal translation between said upper sole and lower sole unless a force exceeding a predetermined shear force is exerted therebetween.

6. (Original) The athletic shoe sole according to claim 5 wherein said breakaway portion comprises a shear pin.
7. (Original) The athletic shoe sole according to claim 5 wherein said breakaway portion comprises a controlled friction portion.
8. (Original) The athletic shoe sole according to claim 7 wherein said controlled friction portion comprises a plurality of teeth and grooves.
9. (Original) The athletic shoe sole according to claim 6 wherein said shear pin is formed integrally with said upper or lower sole portion.
10. (Original) The athletic shoe sole according to claim 5, wherein said breakaway portion comprises at least one spot weld.
11. (Original) The athletic shoe sole according to claim 5 wherein said breakaway portion comprises an adhesive layer.
12. (Original) The athletic shoe sole according to claim 3 comprising a ligament portion connected between said upper sole and said lower sole and preventing longitudinal translation between said upper sole and said lower sole unless a force exceeding a predetermined shear force is exerted therebetween.
13. (Previously Presented) The athletic shoe sole according to claim 12 wherein said ligament portion comprises an elastic band.
14. (Previously Presented) The athletic shoe sole according to claim 12 wherein said ligament portion comprises a spring.

15. (Original) An athletic shoe comprising:  
an upper sole having a bottom surface including a first longitudinal guiding portion;  
a lower sole having a top surface including a second longitudinal guiding portion adapted for accepting said first longitudinal guiding portion and constraining said upper sole to longitudinal motion relative to said lower sole upon exertion of a threshold longitudinal shear force therebetween; and  
a shear pin extending between said upper sole and said lower sole.

16. (Original) The athletic shoe according to claim 15 further comprising cleats extending downward from said lower sole.

17. (Original) The athletic shoe according to claim 16 wherein at least one cleat includes a shear pin extending upward through said upper and lower sole elements.

18. (Original) The athletic shoe according to claim 15 further comprising means for preventing translation between said upper sole and said bottom sole.

19. (Original) The athletic shoe according to claim 15 wherein said shear pins are replaceable.

20. (Original) The athletic shoe according to claim 15 wherein said longitudinal guiding portions comprise a rail and slot.

Please add the following new claims:

21. (New) The athletic shoe according to claim 2 wherein the predetermined release force is selected to prevent injury to a user's knee.

22. (New) The athletic shoe according to claim 2 wherein the predetermined release force is selected to be less than a force that is capable of generating a torn anterior cruciate ligament (ACL) when transmitted to a human knee.

23. (New) The athletic shoe sole according to claim 3 wherein the threshold longitudinal shear force is selected to prevent injury to a user's knee.

24. (New) The athletic shoe sole according to claim 3 wherein the threshold longitudinal shear force is selected to be less than a force that is capable of generating a torn anterior cruciate ligament (ACL) when transmitted to a human knee.

25. (New) The athletic shoe according to claim 3 wherein the threshold longitudinal shear force is selected to prevent injury to a user's knee.

26. (New) The athletic shoe according to claim 3 wherein the threshold longitudinal shear force is selected to be less than a force that is capable of generating a torn anterior cruciate ligament (ACL) when transmitted to a human knee.

27. (New) The athletic shoe according to claim 2 wherein the predetermined release force results from wearing the athletic shoe during sports related activities.

28. (New) The athletic shoe according to claim 2 wherein the predetermined release force results from a user's deceleration while a user is wearing the athletic shoe.

29. (New) The athletic shoe according to claim 2 wherein the predetermined release force results from engagement of the lower sole element with a ground surface in response to a user's wearing the shoe.

30. (New) An athletic shoe comprising:

a body portion;  
an upper sole element substantially permanently attached to said body portion;  
and  
a lower sole element releasably attached to said upper sole element such that lateral relative motion between said upper sole element and said lower sole element is prevented and longitudinal motion between said upper sole element and lower sole element is resisted up to a predetermined release force such that a predetermined release force in the longitudinal direction will cause the upper sole element to release from the lower sole element, and a force in the lateral direction will not cause the upper sole element to release from the lower sole element.